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TOP PLAYERS IN CANADA'S COFFEE MARKET USE POWER OF PATRIOTISM TO LURE IN CUSTOMERS PAGE 8

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The Province of Manitoba introduced its new flood forecaster, Dr. Fisaha Unduche, to media on Monday.
SHANE GIBSON/METRO

New flood boss ready for the water pressure

'Considerable experience.' Fisaha Unduche 'brings a great depth of knowledge' and says he's prepared to handle the scrutiny

Manitoba has a new chief flood forecaster.

Fisaha Unduche was introduced to the media on Monday as the replacement for Phillip Mutulu, who resigned last summer.

Unduche has 15 years of experience in the Netherlands and Manitoba, and has spent the last five years in the Water Stewardship Department.

His predecessor faced accusations he was caught off guard by severe late-spring flooding along the Assiniboine River, which forced thousands of people from their homes in 2011.

Unduche said the province is using new technology and new weather models to improve forecasting.

He is to release the province's first flood outlook on Friday, but is hinting prospects this year aren't bad.

"What we are expecting for this year is normal to below-normal for most parts of Manitoba," he said.

While some areas have seen more snow than usual, the snow does not contain a lot of moisture, Unduche explained. Still, much can change before the melt gets underway.

Unduche added he feels ready for the scrutiny that comes with being the head flood forecaster in a province that sees some type of flooding almost every year.

"When the snow melts and when there is a sudden temperature change, we forecasters are always under pressure … and I'm sure I'll cope with the future pressure as well," he said.

Infrastructure and Transportation Minister Steve Ashton said Unduche is an experienced, professional engineer who was chosen because of his "considerable experience" with flooding in North America and Europe.

"The new director brings a great depth of knowledge of the province's major watersheds and will lead the flood-forecasting team using his experience from around the world and the foremost hydrological science and technology," said Ashton.

THE CANADIAN PRESS/METRO

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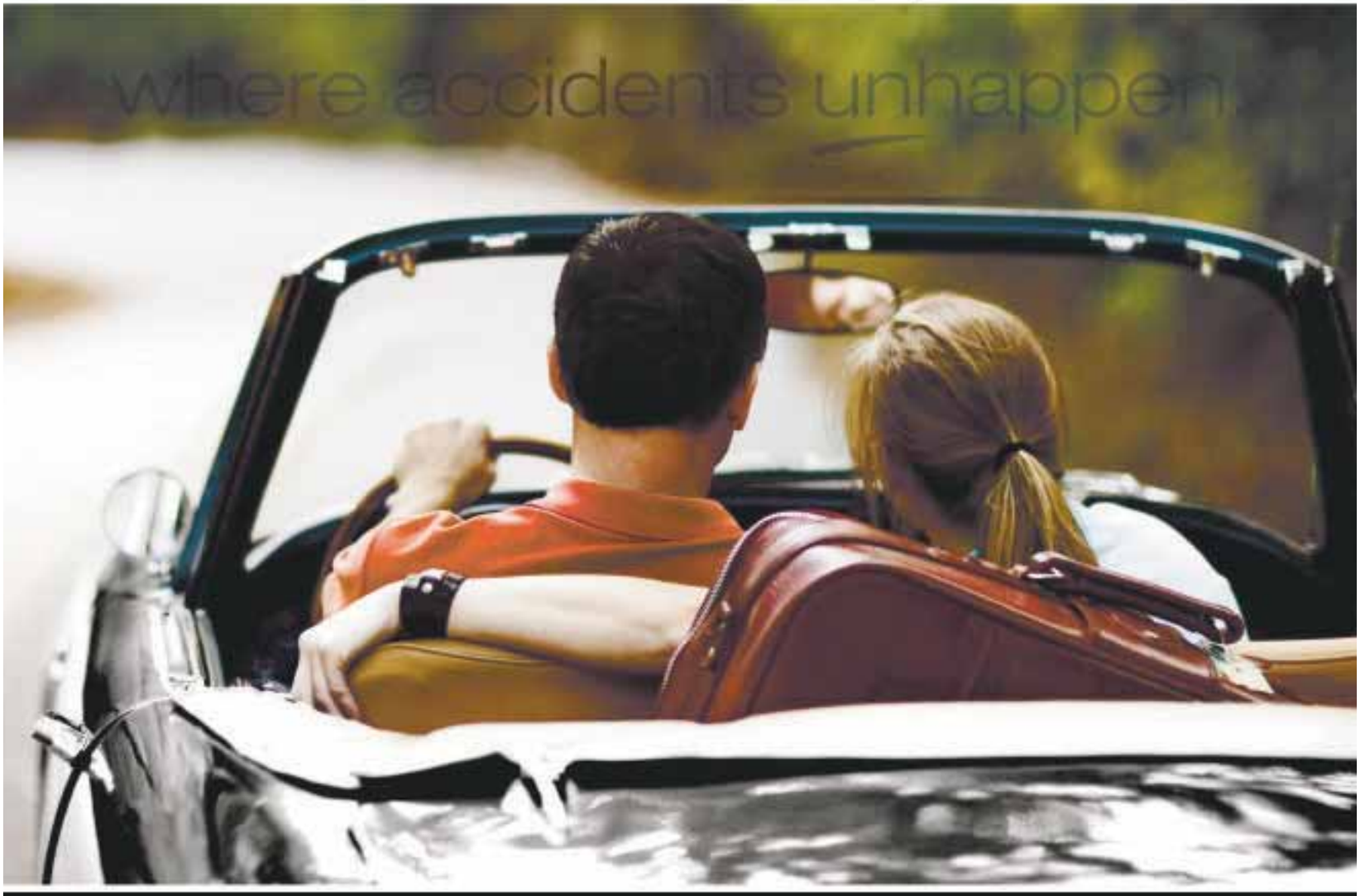

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Autopsy pending in death of man ejected from party

Found in an Elmwood backyard. Cops wait for cause of death before considering charges

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Homicide detectives are investigating the death of a man found in the backyard of an Elmwood-area home on Sunday, more than 12 hours after he was ejected from a nearby house party without his shoes or jacket.

And while police know the 43-year-old man received minor injuries during a scuffle to get him to leave, they're waiting for an autopsy before considering charges.

"What we've learned from people that were present and involved is that the male was becoming aggressive and was refusing to leave, and there was obviously indication of intoxication," said police spokesperson Const. Jason Michalyshen on Monday.

The man was kicked out between 1 a.m. and 3 a.m. and appears to have collapsed in the nearby backyard of a home at 611 Harbison Ave. E. soon after.

A passerby found him around 5:45 p.m., and he was pronounced dead at the scene.

Michalyshen said investigators will consider the intoxication level of both the dead man and the partygoers before deciding what, if any, charges will be laid — but added that the fact the man was kicked out of the party without his winter clothes further complicates the case.

"By no means are we making any suggestions as far as what obligations (the partygoers) had; clearly they were concerned for their safety, and this individual was acting out," he said.

"We have to look at all of the circumstances."

Autopsy results are expected by Wednesday or Thursday this week.

Police remained at 611 Harbison Ave. E. Monday morning, where a 43-year-old man was found dead in the home's backyard Sunday night. Authorities are waiting for an autopsy before considering charges. SHANE GIBSON/METRO

Greyhound killer up for more freedoms

Vince Li THE CANADIAN PRESS FILE

The man who beheaded and then ate parts of a fellow passenger on a Greyhound bus might soon be granted unescorted day trips outside his mental hospital.

Vince Li's psychiatrist says his patient has not been violent and no longer suffers delusions.

"He has progressed excellently," Dr. Steven Kremer told a Criminal Code Review Board hearing Monday.

"Our overall goal is to eventually have Mr. Li reintegrate into the community."

Li, 46, was found not criminally responsible for killing Tim McLean in July 2008.

Li was initially kept inside a locked wing of the Selkirk Mental Health Centre 24 hours a day. Each year he has been granted more freedom, such as escorted day passes to Winnipeg, Lockport and nearby beaches.

On Monday, Li's psychiatric team asked for three new privileges: unescorted day passes into Selkirk, relocation to an unlocked ward and relaxed supervision during escorted trips.

Crown attorney Susan Helenchilde did not oppose the changes, noting: "Mr. Li has done everything that has been asked of him."

The victim's mother, however, said Li should remain locked up for life.

"I don't think it should matter whether you're mentally ill or not mentally ill. If you kill someone, you should lose your freedom, period," Carol de Delley said outside the hearing.

The review board said it will render its decision within a week. THE CANADIAN PRESS

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Bidder bows out. Old fire hall to become daycare

The top bidder in the purchase of a former fire hall involved in a controversial land-swap deal has bowed out, leaving the property to the Rady Jewish Community Centre.

Coun. Jeff Browaty, who chairs the property and development committee, told his fellow committee members during a special meeting on Monday that 6745394 Manitoba Ltd. had pulled its bid of $429,000 for the old fire station at 1710 Grosvenor Ave.

The committee then voted to accept Rady's $410,000 proposal to turn the fire hall into a daycare capable of serving 48 children.

"When it's the city selling land, you sometimes do need to look at the greater public good on a particular piece of land and I think that's what we have here," said Browaty after the meeting, adding that Rady has already secured $325,000 in capital funding from the provincial government.

Gayle Waxman, executive director of Rady JCC, attended Monday's meeting and was "delighted" to hear their bid was successful. "It's going to mean a tremendous amount — we have 800 children on our wait list right now," she said, adding Rady already operates a 113-space daycare.

Gayle Waxman
BERNICE PONTANILLA/METRO

"You can imagine what those families are going through right now waiting for quality daycare, so it's going to be a tremendous, tremendous asset to our community."

Waxman said it will likely take between 18 and 24 months before the daycare opens, since the fire hall needs interior renovations, construction of outdoor play areas and the addition of a fence.

BERNICE PONTANILLA/METRO

New demands. Safeway workers say yes to strike

Workers at Canada Safeway in Manitoba have voted almost 100 per cent in favour of a strike to back contract demands.

Around 3,000 employees of the giant food chain gathered Sunday in Winnipeg, Brandon, Dauphin, Neepawa, Steinbach and Thompson to cast ballots to give their union negotiators a strike mandate.

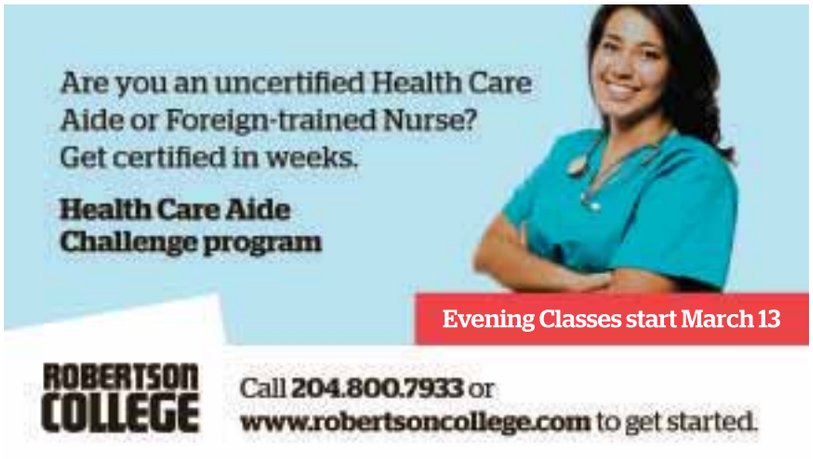
The staff are members of the United Food and Commercial Workers Local 832.

Their contract expires March 15, but more negotiations are scheduled before then.

The UFCW says a key issue is the elimination of a two-tier wage scale.

Sobeys Inc. recently announced deals to sell 30 stores in Western Canada as a requirement under an agreement with the Competition Bureau in connection with its purchase of Canada Safeway last year.

THE CANADIAN PRESS/CJOB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Siloam Mission executive director Floyd Perras speaks to media in front of 200 new storage units added to the non-profit's drop-in centre. SHANE GIBSON/METRO

Lockers a welcome addition to mission

Siloam Mission.
Partnership with city sees federal money allocated locally

SHANE GIBSON
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Improvements unveiled at Siloam Mission Monday aim to literally take a major stress of living on the streets off the shoulders of Winnipeg's homeless.

That's because part of the work includes the addition of 200 secure storage lockers at the non-profit, giving their clients a place to stow their belongings — things they'd previously had to keep with them at all times in a bag or backpack.

"These lockers are provided for people who stay in our shelter … and as long as they come once a week to connect again, they can continue to use this locker as long as they need it," said Floyd Perras, executive director of Siloam Mission.

He said having to carry a backpack or large bag into appointments like a job interview can make it hard to find employment, furthering the cycle of homelessness.

"For us, we have a place to put our belongings at our home or wherever we live — these people have no place. So instead of having to carry their stuff on their back all day long, they have a locker to put it in now."

The renovations to Siloam's drop-in centre and dining room — which include new tables and chairs, flooring, new outer doors for temperature control and updated washroom facilities — were paid for in part through $1.13 million in funding from the Homelessness Partnering Strategy, a partnership that sees the city allocate federal money to local groups fighting homelessness.

"I'm very proud of the work that Siloam Mission does providing these types of services," said Mayor Sam Katz. "We're lucky these types of organizations exist with the volunteers and great corporate support they get."

Two cameramen shoot footage of the new lockers unveiled at Siloam Mission Monday. SHANE GIBSON/METRO

Homelessness strategy

- The Homelessness Partnering Strategy has brought $13,859,808 in federal money to local homelessness initiatives over the last two years.
- Council is currently negotiating the final terms of a new agreement to take over when the current agreement ends March 31.

SOURCE: CITY OF WINNIPEG

People lay flowers and candles at one of the barricades heading to Independence Square in Kyiv, Ukraine, on Monday. EFREM LUKATSKY/THE ASSOCIATED PRESS

Arrest warrant issued for Ukraine's ousted leader

Kyiv. Derided by Russia as gun-toting thugs, new leaders move swiftly to open dialogue with West

With Viktor Yanukovych on the run, Ukraine's interim government drew up a warrant Monday for the fugitive president's arrest in the killing of anti-government protesters last week, while Russia issued its strongest condemnation yet of the new leaders in Kyiv, deriding them as "Kalashnikov-toting people in black masks."

Parliament speaker Oleksandr Turchinov, the interim president, moved quickly to open a dialogue with the West, saying at a meeting with EU foreign policy chief Catherine Ashton that the course toward closer integration with Europe and financial assistance from the EU were "key factors of stable and democratic development of Ukraine."

In a statement released by his office, Turchinov said Ukraine and the EU should immediately revisit the closer ties that Yanukovych abandoned in November in favour of a $15-billion bail-out loan from Russia that set off a wave of protests. Within weeks, the protests expanded to include outrage over corruption and human rights abuses, leading to calls for Yanukovych's resignation.

Yanukovych, who fled Kyiv on Saturday after the opposition took over government buildings, has reportedly gone to the Black Sea peninsula of Crimea, a pro-Russia area.

Calls are mounting to put Yanukovych on trial after a tumultuous presidency in which he amassed powers, enriched his allies and family, and cracked down on protesters.

Acting Interior Minister Arsen Avakhov said on his official Facebook page that a warrant has been issued for the arrest of Yanukovych and several other officials for the "mass killing of civilians." THE ASSOCIATED PRESS

Alberta, NWT bishops apologize for abuses of aboriginal children

Catholic bishops in Alberta and the Northwest Territories have apologized for abuse that aboriginal children suffered in residential schools.

Edmonton Archbishop Richard Smith said Monday the group is the last one in the country representing Catholic bishops to make a public offer of regret.

Others have issued formal apology letters as the Truth and Reconciliation Commission held events in their regions, he said. The commission is to hold its final national event in Edmonton next month.

"We are adding our voice to those of the Catholic bishops and leaders of religious communities across Canada," Smith told several dozen junior high students at Edmonton's Ben Calf Robe School.

Quoted

"When people are hurt, you know it's important to say you're sorry."
Edmonton Archbishop Richard Smith

As president of the group, Smith apologized to those who experienced sexual and physical abuse at the schools, and expressed regret for separating children from their families and suppressing their culture and language. THE CANADIAN PRESS

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Surprise move. Egypt cabinet resigns; could pave the way for el-Sissi

Egypt's interim cabinet resigned Monday in a surprise move that could pave the way for the nation's military chief, Abdel-Fattah el-Sissi, to announce his widely anticipated plans to run for president in the spring.

The resignation, announced by Prime Minister Hazem el-Beblawi in a televised statement, came amid a wave of labour strikes over the government's failure to fix the economy and rising popular anger nearly a year after Islamist President Mohammed Morsi was ousted by the military.

The Cabinet will remain in office in a caretaking capacity until a new one is formed. Its resignation fuelled speculation that el-Sissi will soon announce a presidential bid. The 59-year-old career infantry officer, who has been defence minister since Morsi named him to the cabinet post in August 2012, has already secured the support of Egypt's top military body, the Supreme Council of the Armed Forces, to seek the presidency.

Military and security officials said the British- and U.S.-trained el-Sissi has been working with a team of advisers on a program of action that he intends to announce when he declares his candidacy.

THE ASSOCIATED PRESS

Changes

Thousands of el-Sissi posters are plastered on walls and hoisted on lampposts across much of the country.

- Songs praising him are played on radio and blare from coffee shops.
- He has been likened to a lion and a saviour who will bring strength and prosperity to Egypt.

Central African Republic

Muslims killed in rural massacre

Christian militiamen killed at least 70 people in the remote southwest of Central African Republic, at one point ordering a group of Muslims to lie on the ground and shooting them one by one, witnesses said Monday. THE ASSOCIATED PRESS

Congo

Militia attacks displace thousands

The UN says 400,000 people have been displaced in recent months by fighting involving local militia groups in Congo's mineral-rich southeast Katanga province. THE ASSOCIATED PRESS

Defiant Ugandan president signs anti-gay bill into law

'Abhorrent.' White House press secretary Jay Carney said the country took a step backward and urged for the law's repeal

Ugandan pupils from different schools take part in an event organized by born-again Christians to celebrate the signing of a new anti-gay bill that sets harsh penalties for homosexual sex, at the Omega Healing Centre outside of Kampala, Uganda, on Monday. STEPHEN WANDERA/THE ASSOCIATED PRESS

Uganda's president on Monday signed an anti-gay bill that punishes gay sex with up to life in prison, a measure likely to send Uganda's beleaguered gay community further underground as the police try to implement it amid fevered anti-gay sentiment across the country.

Uganda President Yoweri Museveni said the bill, which goes into effect immediately, was needed because the West is promoting homosexuality in Africa.

Museveni may have defied Western pressure to shelve the bill, four years and many versions after it was introduced, but his move — likely to galvanize support ahead of presidential elections — pleased many Ugandans, who repeatedly urged him to sign the legislation.

Nigeria's president similarly signed an anti-gay bill into law just over a month ago, sparking increased violence against gays who already were persecuted in mob attacks.

Some watchdog groups warn a similar backlash of violence may occur in Uganda.

"Experience from other jurisdictions with similarly draconian laws, such as Nigeria or Russia, indicates that their implementation is often followed by a surge in violence against individuals thought to be lesbian, gay, bisexual or transgender," the International Gay and Lesbian Human Rights Commission said in a statement Monday.

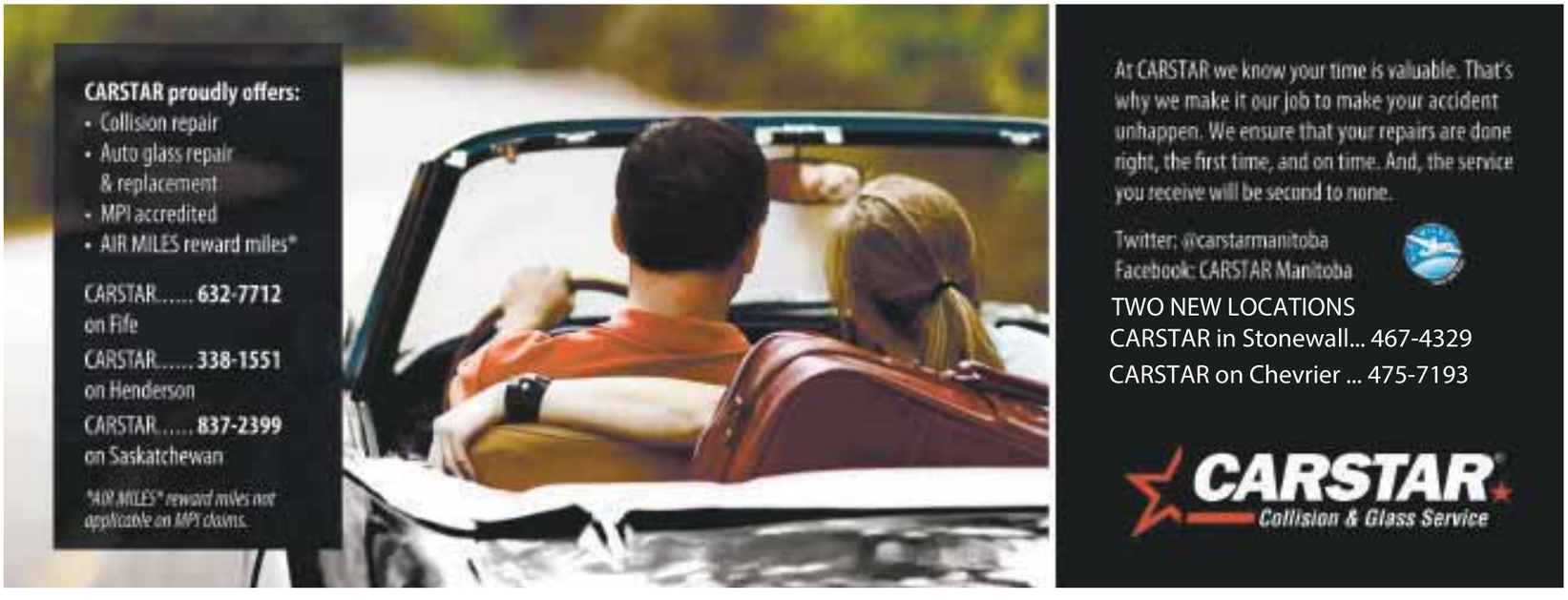
"The Ugandan government has not indicated any plans to counter such violence or to investigate potential allegations of abuse."

In Washington, White House press secretary Jay Carney called the law "abhorrent," urged its repeal and said the White House is reviewing its relationship with Uganda.

UN High Commissioner for Human Rights Navi Pillay warned that the law would institutionalize discrimination and could encourage harassment and violence against gays.

At least six people have already been arrested over alleged homosexual offences and more than a dozen have fled Uganda since lawmakers passed the bill in December, according to a prominent Ugandan gay activist, Pepe Julian Onziema.

THE ASSOCIATED PRESS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School of ska, rocksteady, reggae brings Jamaican sounds to world

Alpha Boys' School. Facility has long been the cradle of Jamaica's music culture — and a beacon of hope for at-risk youngsters

Barefoot and dressed in donated clothes, 12-year-old Renaldo Brown methodically plays scales on a flute at a Jamaican vocational school renowned for nurturing many of this music-steeped island's top instrumentalists.

The serious boy from the gritty Jamaican city of Spanish Town is among two dozen boys from impoverished backgrounds who are discovering a new world through music after being placed by family courts at Alpha Boys' School in Kingston. Some are orphans, while others are there because of neglect, abuse or because their parents can't control them.

Decade after decade, Alpha alumni have emerged from the residential facility that has been operated by Catholic nuns since the late 19th century, to bring the sounds of Jamaican ska, rocksteady and reggae to the world.

But despite its outsized role in developing Jamaica's world-famous music, the musical hothouse in Kingston is increasingly squeezed between rising costs and shrinking state support, barely scraping by on the $60 US weekly the government provides per student. The budget crunch has become so bad administrators say they will be forced to eliminate the program's residential side.

In response, the school is building up its own revenue-generating businesses, including a recently launched Alpha Wear clothing line and an Internet radio station that draws 60,000 people monthly by broadcasting tunes featuring alumni. THE ASSOCIATED PRESS

Alumni

Past students who transcended rough starts in life to become top musicians include the four founding members of the influential band The Skatalites, the late free-form jazz pioneer Joe Harriott, and dancehall deejay Yellowman.

Eleven-year-old Tyrone Muirhead, on the trumpet, practises with the Alpha Boys' School band in Kingston, Jamaica. The school has been a cornerstone of Jamaica's prolific musical culture for over a century. DAVID MCFADDEN/THE ASSOCIATED PRESS

Alpha Boys' School

Ex-students keep the legacy going

At the Alpha Boys' School, students between eight and 18 are taught self-discipline and pride while learning to read music and understand harmony and composition, if they don't focus on the school's more traditional trades like woodworking and tailoring.

"You'll find old students from Alpha keeping the legacy going just about everywhere," said Winston "Sparrow" Martin, an alumnus.

Classical, jazz and folk music were long part of the curricula. But when the Caribbean island got wind of American rhythm and blues in the 1950s, Alpha students with trumpets, trombones and other instruments transformed that music to create upbeat-accented ska, which later evolved into rocksteady and reggae. THE ASSOCIATED PRESS

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Coffee wars brewing from coast-to-coast

Joe drama. The once seemingly indomitable Tim Hortons is facing a big push from rivals McDonald's, Starbucks

MELISSA DUNNE
melissa.dunne@metronews.ca

On the ice, Tim Horton was known to dole out "Horton hugs," squeezing his rivals until they couldn't breathe.

Now, 50 years after Horton opened his first coffee shop, Tim Hortons Inc. execs will need to channel its founder's defensive style as it prepares to hit back in an increasingly crowded market.

Although Tim Hortons still dominates the Canadian coffee market, holding just over 75 per cent of it with about 3,500 outlets in Canada, the company recently missed analysts' profit expectations for 2013. On Tuesday, Tim's will unveil its plan to squeeze key players like McDonald's McCafé and Starbucks, which have dropped the gloves in the fight for java supremacy.

When Tim's opened its first store in Hamilton, Ont., in 1964, it had the arena to itself, said Douglas Hunter, who has written books on both Horton and Hortons.

"Tim's could expand easily, move right next to McDonald's and it didn't matter, they were selling different products."

It matters now.

McDonald's Restaurants of Canada Ltd. is aggressively going after longtime Tim's fans.

In 2007, the burger giant jolted its competitors by winning a Consumer Reports taste test. When the Golden Arches launched McCafé in Canada in 2009, it gave away its coffee for free. McD's aggressive game has reaped rewards: it has doubled its market share here to about 10 per cent in under five years.

This week customers can get a free coffee in a sleek brown-and-white cup at one of McDonald's almost 1,500 outposts in Canada. But free java will not sway Yasha Grey, a 25-year-old master's student in St. Catharines, Ont., who usually orders a single-single (one cream, one sugar), coming in a Tim's iconic red-and-yellow Roll Up the Rim to Win cup these days.

"It may sound cheesy, but I really like that Tim Hortons is Canadian," Grey said. "I like its homey, country feel."

Cheesy or not, serving up a side of Canadiana works.

The power of patriotism is now percolating over at Starbucks Canada. The world java juggernaut first came to Canada in 1987 with a single outlet in Vancouver. It now has more than 1,000 outlets here and will open about 100 more this year. Its baristas now pour a Canada-only brew named True North into minimalist green-and-white cups. And, as we enter maple-syrup season, Starbucks is unveiling the Maple Macchiato next week.

While Timothy's Coffees of the World Inc. and The Second Cup Ltd. opened their doors in Canada 12 years before Starbucks, they have not been able to maintain their head start.

By the numbers

$898M

Tim Hortons reported it had earned $898.5 million in revenue during the fourth quarter, up 10.7 per cent from a year earlier, but a smaller profit than analysts were expecting.

Timothy's grew from one store in London, Ont., to about 139 in 2009. It is down to about 100 stores after its wholesale and retail businesses were spun off and sold to U.S. companies.

Second Cup started as a kiosk in a Toronto mall and now has about 350 cafés. It dropped its CEO late last year after it posted a loss of $8.5 million. But the chain is mounting a comeback under Alix Box, who once worked as an executive at Starbucks and officially took the reins Monday.

Unlike its smaller Canadian compatriots, Tim's has been able to stay ahead of international competitors so far.

But to some, the chain is starting to taste stale and needs to brew up a fresh pot of business fast.

"We are moving into a different era. The baby boomers Tim's has relied on are getting older," said Douglas Stephens, a leading retail analyst based in Toronto.

In a bid to attract baby boomers' kids and grandkids, all coffee sellers must hatch bold strategies.

We love coffee, with a whopping 65 per cent of us drinking it daily, according to a study by the Coffee Association of Canada, but changing demographics mean changing tastes.

Millennials demand that products be healthy and ethically sourced. Oh, and also cheap. And many new Canadians don't even drink coffee, opting for tea instead, noted Stephens.

Like the real Horton, Tim Hortons' top brass will have to mount a strong defence if the chain is to remain the top player in the good ol' coffee game.

At-home

The coffee pot has gone to pod

Pots are out, pods are in.

"In the at-home category, single-serve machines have been a category disruptive phenomenon," said Sandy McAlpine, head of the Coffee Association of Canada.

Keurig, Tassimo and Nespresso currently dominate the market, said McAlpine.

The focus of Tim Hortons, McDonald's and Starbucks is take-out brew, but the at-home market can't be ignored.

Just over half of Canadians make their cuppa at home daily, while only 24 per cent buy takeout every day, noted McAlpine.

In response, Tim's announced last week it will expand its Keurig K-discs and Tassimo T-discs to grocery-store shelves later this year. McD's, under its McCafé brand, has teamed up with Kraft and will test selling pods in U.S. grocery stores soon. Starbucks opted to launch its own machine and pods, called Verismo, in its Canadian stores in late 2012.

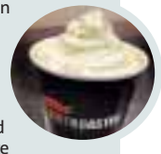
Pods have certainly perked up the home market, and the takeout coffee champs have all set their sights on adding some at-home fans to their base.

Hipster havens

Here are some top independent coffee shops across Canada luring hipsters away from Starbucks, Tim Hortons and McDonald's.

- **Vancouver.** JJ Bean: Established in 1996; 15 locations, as of March; its specialties are the cappuccino and vegan-friendly Very Berry Muffin.
- **Calgary.** Caffè Artigiano: Established in 2000; 12 locations in Western Canada; its specialty is the cappuccino (espresso, milk and foam).

- **Edmonton.** Leva: Established in 2003; one location; its specialties are the cappuccino and croissants.
- **Regina.** Atlantis Coffee: Established in 2000; one location; its specialties are the cappuccino and Prairie Cherry Scone.
- **Winnipeg.** Parlour Coffee: Established in 2011; one location; its specialties are wet-foam cappuccinos (flat white) and pour-over coffees.
- **Saskatoon.** Collective Coffee: Established in 2011; its specialties are artisan espresso and single-origin coffee.
- **London, Ont.** The Fire Roasted Coffee Co.: Established in 2013; two locations; its specialty is El Toro Bravo, an espresso and hot chocolate latte made with real chocolate.



- **Toronto.** Sam James Coffee Bar: Established in 2009; three locations; its specialty is the cappuccino.
- **Ottawa.** Bridgehead: Established in 2000; 15 locations; its specialties are the cappuccino and Morning Bun.

- **Halifax.** Two If By Sea Café: Established in 2009; two locations; its specialties are chocolate croissants and drip coffee.

White elephants or lasting investments?

As the sun sets on the Sochi 2014 Winter Games in Russia, the future is uncertain. For the host cities the real challenge begins with the end of the Olympics. How do they continue to use the expensive stadiums after the party's over? What happens to the athletes' villages? What is the legacy of the games? Here's a look at what some past Summer and Winter Games sites around the world look like post-Olympics

THE ASSOCIATED PRESS

AMEL EMRIC/THE ASSOCIATED PRESS

Sarajevo, Bosnia: Gone downhill

Wartime destruction and negligence have turned most of Sarajevo's 1984 Winter Olympic venues into painful reminders of the city's golden times.

Vancouver: On track, so far

All games venues from the 2010 Olympics in Vancouver remain in use, with local authorities funding a $110 million trust to make sure that they don't fall into disrepair.

CHRIS CARLSON/THE ASSOCIATED PRESS FILE

Nagano, Japan: David and Goliaths

In Nagano, Japan, a city with a population of just 387,000, five large structures were built for the 1998 Winter Games. They are in use, but many say the venues are too big and costly to maintain for the size of the town.

CHRIS CARLSON/THE ASSOCIATED PRESS FILE

McMuffin vs. Waffle Taco in breakfast smackdown

Egg McMuffin, meet the Waffle Taco.

Taco Bell is readying for the launch of its national breakfast menu in the U.S. on March 27, with items such as the A.M. Crunchwrap designed to appeal to its fan base of younger men. And the chain says breakfast will be available until 11 a.m. — a half hour longer than McDonald's offers its Egg McMuffins.

"We can turn the breakfast conversation into a two horse race," Taco Bell president Brian Niccol said in an interview, noting that Taco Bell intends to be a "strong number two" after McDonald's in America.

McDonald's has long been the fast-food leader in the mornings in the U.S., with its popular Sausage Biscuits, Hotcakes and other items pulling in roughly 20 per cent of the company's U.S. sales. But the chain has been facing stiffer competition in recent years, with competitors such as Starbucks and Subway rolling out breakfast sandwiches as well.

It's not clear how Taco Bell's entry into breakfast will alter the fast-food landscape. Last year, an executive with Taco Bell's parent company Yum Brands said that breakfast accounted for about four per cent of sales in locations where it was tested.

THE ASSOCIATED PRESS

Latest offerings

Sony 'stands on shoulders' of older products

Sony is borrowing innovations from its audio and camcorder businesses and incorporating its new Xperia Z2 smartphone with noise-cancelling technology and ultra-high-definition video recording.

Noise cancellation works with an in-ear headset sold separately for 60 euros ($82 US). THE ASSOCIATED PRESS

Voice service coming

Hey, what's up? Talk with pals via WhatsApp soon

WhatsApp, the popular messaging service for smartphones acquired by Facebook, will soon be offering a voice service.

CEO Jan Koum said the voice service will be deployed for Android and iPhones this spring, with BlackBerry and Microsoft and Nokia phones coming later. THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.36¢ (+0.54¢)

TSX
14,227.08 (+ 21.36)

OIL
$102.82 US (+$0.62)

GOLD
$1,338 US (+$14.40)

Natural gas: $5.47 US (-$1.17)
Dow Jones: 16,209.13 (+ 105.83)

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DON'T BE AFRAID TO FALL

SHE SAYS

Jessica Napier
metronews.ca

My generation grew up in an age of motivational posters and boom-time optimism. My parents, for better or worse, always tried to nurture my specialness and asserted that I could achieve absolutely anything I set my mind to. But for the large majority of us that simply isn't true and these high expectations can lead to a great deal of disappointment.

And it's not just overly entitled millennials who are faced with the challenges of overcoming rejection. Every day romances end, job applications are tossed in the recycling bin and hopeful young athletes are cut from the team.

Some forms of rejection are subtle and relatively inconsequential; you'll never really know if someone swipes to the left on your Tinder profile or one of your countless Twitter connections decides to unfollow you. But it's hard not to feel crushed when you're passed over for a promotion or a landlord picks someone else for that perfect apartment.

In fact, the sting of being snubbed actually hurts in much the same way as physical distress. In a 2011 study at the University of Michigan, researchers used a functional MRI machine to measure our brain's reaction to social rejection compared to simulated bodily pain. The researchers found that asking participants to recall their feelings about a bad breakup activated the same region of the brain that processes physical discomfort.

If hurt feelings can actually translate into the ache of a broken bone then logic would suggest that popping a couple of pain killers might help relieve the anguish of being rebuffed (at least temporarily). However, rather than doubling down on painkillers, we're probably better off reconditioning ourselves to process our emotions in a more positive and constructive way.

It's easy to dwell on moments of rejection and allow those feelings of inadequacy to chip away at your self-esteem. But attacking yourself when you're already down is like rubbing lemon juice into a paper cut. Concentrating on why you're not good enough for your dream job or blaming yourself for a failed relationship makes it difficult to stabilize your emotions and get past the pain. If we instead focus on reconstructing these negative experiences as opportunities for personal growth, we're more likely to recover faster and move forward.

It's important to remember that some of the most successful people in the world fail the greatest amount, not because they're hopeless but because they allow themselves to be vulnerable and go after possibilities even though they've failed in the past.

If you try to avoid rejection at all costs in order to protect your fragile ego, you'll avoid getting hurt by potentially bad experiences but you'll also miss out on plenty of positive ones too. Getting out of your comfort zone and risking failure is a success in itself because even if you're doing something wrong, at least you're doing something.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

They've entered the matrix

COURTESY NUMEN/FOR USE

Geometric cube is artsy jungle gym

These climbers are learning the ropes of how to scale a 3D grid. Designed by Croatian-Austrian collective Numen/For Use, String Prototype is an inflatable jungle gym-meets-interactive art site that contains a network of interlocking cables, allowing intrepid visitors to explore inside a large-scale white cube. **METRO**

The cube stands at eight metres high and six metres wide.
COURTESY NUMEN/FOR USE

Ropes tight enough to hold people

When the cube deflates, the ropes become loose, allowing the installation to decompress. When inflated, the ropes tighten themselves into a grid strong enough to support the weight of children and adults alike. **METRO**

Clickbait

LUKE SIMCOE
Metro Online

With the advent of Siri for iPhone and Google Now for Android, we were empowered to talk to our mobile phones. Almost immediately, they began to talk back. Both Apple and Google have loaded their voice search programs with fun, often hilarious Easter eggs. To check some of them out, ask your phone a few of these questions.

ISTOCKIMAGES

Android:

"Make me a sandwich."
"Beam me up, Scotty."
"Who are you?"
"When am I?"
"What does the fox say?"

iPhone:

"Will you marry me?"
"Mirror mirror on the wall who's the fairest of them all?"
"Siri, can you open the pod bay doors?"

Twitter

@metropicks asked: A court orders TekSavvy to name downloaders. What would you do if you were asked to pay piracy damages?

@thebellguy: Request refunds for all the terrible movies I've paid for first

@Canucklehead_ca: Ye lice-infested swine! I only be downloading a single movie: "Booty and the Beast". To ERR is human ... to ARR is pirate!

@UnfunnyTweeter: I'd tell them they could have it all and then draw them a hidden treasure map. Yaarrrr.

Follow @metropicks and take part in our daily poll.

Comments

RE: Students Embrace Our Golden Moment, Watch Canadian Women Beat U.S. In Olympic Hockey, published Feb. 20

No wonder students are ill prepared for the real world in this day. Instead of watching TV at school they should be learning math.
Bucket of Chicken posted to metronews.ca

This is part of our culture, students should be able to celebrate Canada's achievements. I'm proud that I can say I was able to see first hand this part of history. Sincerely, Caledonia Student
P.S. I had math in the morning.
Bucket_of_Awesome posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca

metro
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DVD review

Gravity

Director. Alfonso Cuarón

Stars. Sandra Bullock, George Clooney

Not since 2001: A Space Odyssey has a film so vividly and realistically transmitted the feeling of being lost in space. Alfonso Cuarón's 3D film captures the deepest blues of Earth and the midnight hues of space, powerfully affecting the senses. High above the blue planet, slowly revealed in widescreen splendor by Emmanuel Lubezki's intoxicating camerawork, two spacewalking shuttle astronauts defy a vacuum and also expectations — and then calamity strikes. A leading contender for best picture at the March 2 Academy Awards, the film also works on a purely emotional level. Sandra Bullock and George Clooney convincingly depict the plight of space travellers facing dwindling oxygen and rescue prospects. Gravity isn't sci-fi. It's a sky high. **PETER HOWELL**

Hollywood

Harold Ramis GETTY IMAGES FILE

Ghostbusters star Harold Ramis dies

Comedy actor, director and writer Harold Ramis, best known for his roles in movies such as Ghostbusters and Stripes, has died at his suburban Chicago home after a four-year battle with an autoimmune disease, his talent agency said. Ramis, 69, died early Monday morning of complications from vasculitis. Ramis was a key factor in some of the biggest blockbuster comedies in the 1970s and 1980s.

THE ASSOCIATED PRESS

Dust off your bikes and fight for your vegan rights

Portlandia is back. The quirky sketch comedy kicks off its fourth season with a Steve Buscemi bit on the plight of celery

PAT HEALY
Metro World News in Boston

Fred Armisen and Carrie Brownstein are set to bring you another season of Portlandia. AUGUSTA QUIRK/IFC

Over the past three seasons of Portlandia, Fred Armisen, Carrie Brownstein and director Jonathan Krisel have perfected a revolutionary recipe that marries music and comedy with utter absurdity. The fourth season, which premieres next week, furthers their cause, especially with a sketch called The Celery Incident, which has already gone live online.

In the sketch, Steve Buscemi plays a sales representative for celery, desperately trying to compete against other vegetable salesmen who have had recent fantastical, unlikely success with veggies like kale and Brussels sprouts.

"I think Celery embodies — even though it's more genre-specific than some of our other sketches — I think it really embodies the traits of the show that I think are the most successful," says Brownstein, "which is taking a relatable, sometimes timely premise and veering into the absurd, and then hopefully veering even more into surreality, and then somewhere at the heart of this, having some relatable characters that are suffering through genuine and authentic relationship issues."

Just because they use familiar ingredients for their recipe doesn't mean the show is formulaic. Yes, you will see a lot of the characters you've seen in the previous three seasons, but in preposterous situations: Candace and Toni, the owners of Women and Women First bookstore, host a car wash fundraiser; Lance and Nina — Brownstein and Armisen's gender-swapping couple — find themselves in conflict with Jeff Goldblum's mattress salesman over a certain claim he has made that casts everything Lance stands for into doubt.

"We'll have pictures of the characters on a bulletin board and we'll have an idea for something," says Armisen, "and then we kind of shift the idea to each character, like, 'I wonder if they would be good for this?' And then eventually it will just resonate right away, and you'll know it's perfect for a set of characters."

Watch it

- Portlandia season 4 airs on Superchannel starting March 3; see superchannel.ca for air times. Seasons 1 and 2 are available on Netflix.

With such a winning formula, it's understandable that the Portlandia peeps would be protective of what they've created.

"We have worked for four seasons to make this world that feels a little bit specific and strange and hyper-real," says Brownstein. "So we try to keep that world magic and special, but of course in the meantime we have had people from SNL and friends on. There's definitely an open-door policy, as long as it feels germane and doesn't feel conspicuous to have things cross over."

We'd be remiss not asking Armisen if he thought there would be any crossover with his new role as bandleader for Late Night with Seth Meyers, but when it comes to inheriting Questlove's seat, he suddenly turns even more protective.

"I don't want to talk about it," he says, shifting the tone of the conversation into uncomfortable territory. "That's something for my friend Seth and it's fun and I don't want to talk about it because this is about Portlandia and Carrie is on the other line."

He will allow, however, that he's going to be able to take time off to work on Portlandia. "It will be perfect," he says, with a little less attitude. "My focus is Portlandia. That's what I do."

CNN axes Morgan on poor ratings

CNN's prime-time talk show Piers Morgan Live is coming to an end, the news channel says.

Morgan, who succeeded Larry King three years ago, was drawing lacklustre ratings. In contrast, King had a 25-year run on CNN.

The airdate for Morgan's last show has yet to be determined, CNN said in a statement.

Morgan is a former U.K. tabloid editor who reinvented himself as a TV personality with stints as a judge on Britain's Got Talent and its U.S. spinoff, NBC's America's Got Talent, and as a contestant on Celebrity Apprentice.

He hosted BBC's You Can't Fire Me, I'm Famous, and did interview shows and documentaries for ITV.

Morgan told The New York Times that his show lately has "taken a bath in the ratings" but that he and CNN President Jeff Zucker were discussing a new role for him at the channel. CNN's audience has tired of hearing a Brit weigh in on American cultural issues, Morgan said in a story posted online Sunday.

Morgan's future with CNN is undetermined, the channel said.

Last fall, the already struggling Piers Morgan Live faced increased competition from a revised Fox News Channel lineup that included a strong new performer at 9 p.m. EST with Megyn Kelly's The Kelly File.

Morgan served as editor of The Daily Mirror from 1995 to 2004. He has been questioned in connection with Britain's long-running phone hacking scandal.

THE ASSOCIATED PRESS

Piers Morgan THE ASSOCIATED PRESS FILE

SCENE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Baldwin states his case and writes off the fame game

MELINDA TAUB
Metro World News

Here is a partial list of things and people Alec Baldwin slammed in New York Magazine on Monday: the paparazzi, homophobes, people who think Alec Baldwin is a homophobe, CSI, a man in Hawaii who answers the phone rudely, Shia LaBeouf, Rachel Maddow, Broadway, New York, America, the world, 2013.

Baldwin has penned a lengthy piece that is purportedly his resignation from public life, but the bulk of it is essentially a rebuttal to everything you've read or heard about him in the past year. Everything, from his failed attempt to costar with Shia LaBeouf on Broadway to his cancelled MSNBC show to allegations that he'd used a gay slur, is addressed and found to be the fault of a vicious paparazzi culture whose main purpose is to make Alec Baldwin look bad.

Baldwin keeps returning to one episode: An incident in 2013 when a photographer tried to take a picture of Baldwin and his baby daughter, and the actor chased him down the street cussing him out. According to TMZ, Baldwin called him a "faggot." Baldwin insists that's not true, but he blames the fact that he's been falsely labelled a homophobe for everything from the cancellation of his MSNBC show (well, he also blames Rachel Maddow for that) to the fact that he probably can't run for mayor of New York now. I would have slightly more sympathy for Baldwin's plight if he hadn't used the word "tranny" in the article. Still, the piece is amusing for exactly the thing Baldwin claims to deplore: celebrity gossip. Shia LaBeouf screamed at him for not knowing his lines! Rachel Maddow viewed him as "equivalent to Mel Gibson!" Juicy, Alec. Tell us more.

Sam Worthington ALL PHOTOS GETTY IMAGES

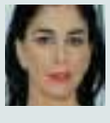
Avatar star Worthington punched photographer who 'kicked' his girlfriend

Avatar star Sam Worthington was arrested in New York over the weekend for allegedly punching a photographer during an altercation outside a Greenwich Village bar, according to Radar Online. Law enforcement sources say the Australian actor was coming to the aid of girlfriend Lara Bingle. "The photographer kicked Lara and then Worthington punched him, causing the photographer to have lacerations to his nose," an NYPD spokesperson says. "He has been charged with assault. He punched the photographer." That photographer, by the way, was also arrested on charges of assault, reckless endangerment and harassment.

Twitter

@ElizabethHurley
Uh oh, I just found myself breaking into a Carpenters song. Dogs and birdies horrified.

@EmmaBunton
That's it, I'm going to the gym. Wish me luck, It's been a while!!!



@SarahKSilverman
In a zombie apocalypse the trees win

Charlie's chuffed with new fiancée Brett ... just don't call her a porn star!

Charlie Sheen

Charlie Sheen is excited about starting a life with his new fiancée, Brett Rossi, but he'd be a lot happier if the press would stop calling her a porn star. "It's absolutely making Charlie crazy that the media keeps referring to Brett as a porn star, because she no longer is doing that. She recently graduated from nursing school," a source tells Radar Online. "Furthermore, her stage name is Brett Rossi, her legal name is Scottine Ross. He wants people to refer to her as Scotti, which is the name she goes by in her personal life. Charlie has told his publicist to tell media outlets to stop calling her a porn star."

Kudrow and ex manager not Friends as court case looms

Lisa Kudrow is fighting back against claims by former manager Scott Howard that she owes him a share of her earnings from Friends reruns, according to the Hollywood Reporter. Howard, who is suing Kudrow for $1.7 million US, claims that he and Kudrow had an oral agreement that he would continue to receive a five per cent commission on her Friends earnings even after he was fired in 2007. "I always believed that a personal handshake kind of cemented that personal relationship and that anything more formal felt awkward," Howard testified in court last week. For her part, Kudrow insists she only agreed to pay Howard for the first round of residuals and nothing else.

What does your achoo say about you?

Is it a cold? Is it allergies? It all depends on how long you've been suffering. ISTOCK

Winter blahs. Spring isn't quite here yet and neither is allergy season but that cold might not be a cold after all

MAJA LUNDAGER PEDERSEN
Metro News in New York City

It's been 14 days and that cold you caught is still hanging on. What do you do? Probably nothing. It's just a cold, right? Actually, you might have an allergy. No, allergies aren't just a spring thing.

"What I tell [patients] is, if it lasts for more than nine days, it's not a cold. It's probably either a sinus infection or an allergy," says Dr. Joan Lehach, an integrative medicine physician specializing in allergy, asthma and clinical immunology at Montefiore Medical Center in New York.

Lehach knows it can be hard to distinguish a cold from allergies. "The things that they have in common are you get congestion, you can get a cough, you can get postnasal drip, you can get a headache. You just feel tired and not well."

But there are other signs that indicate your bug may be an environmental issue, rather than a bacterial one. Typically, you are not going to get a fever with an allergy. Your mucus can be clearer in colour — with colds, sometimes it turns green or yellow. You don't get body aches with an allergy, typically, whereas with a cold you might.

Winter allergies do exist, and if you get sneezy during the spring and summer, chances are you'll be affected in colder months too. Common culprits? "Indoor things like dust mites and mold," Lehach says.

Allergies are not just annoying — they can also lead to sinus infections, which are also similar to colds. Allergies set you up for getting actual colds and viruses because your immune system is stressed.

By paying attention to your nasal health, Lehach says you can reduce your risk of catching a wintertime bug. Follow her advice: "The most important thing you can do — and this applies to colds, flus and allergies — is wash your hands and face.

"Also, if the air is too dry, it sets you up for a dry mucosa with cracks in your nose, so when you are exposed to viruses you are more likely to get infected because you have these microscopic cracks. And if it's too moist you are going to grow the mold and the dust mites and the indoor allergens [that] make your symptoms worse as well.

"Try to keep the humidity in your house around 50 per cent. For five or six bucks you can get this little gadget that will tell you the humidity in your house, and then you can either get a humidifier or a dehumidifier, or do something as simple as putting a pot on the radiator and that moistens the air."

For your phone

Phobia Free (iPad, iPhone; $3.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

This therapy app will help you understand and deal with your arachnophobia through relaxation techniques and a progression of virtual spiders, including one you interact with using your phone's camera.

Bring home the high-tech spa gadgets

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

We are living in generation gadget. So, it's fitting that in the beauty aisles, there are now at-home devices for virtually every skin concern.

In the latest issue of Best Health, Canada's healthy lifestyle magazine for women, we've included an article by writer Wing Sze Tang about the latest skin care gizmos.

Some are technologically similar to what's available at the dermatologist's office or the spa, but do the DIY versions work? Likely not as well as doctor's office equipment. But they can be a good complement, or at the very least, worth a try. They are approved by Health Canada as safe. Here are a few:

The Anti-Ager

Tria Beauty Age Defying Laser ($495 at Sephora). This is a handheld non-ablative fractional laser, meaning it doesn't vaporize a whole layer of tissue. The device uses targeted beams of light to stimulate the natural cell renewal cycle in order to generate collagen. This kick-starts the skin's self-repair process, resulting in fresh, new cells, with diminished fine lines and wrinkles, and less-noticeable age spots. The device can improve overall skin appearance and diminish pigmentation.

The Acne Buster

Tanda Zap Power ($79 at Hudson's Bay). Designed as a targeted spot treatment, this gadget features antibacterial blue LED light and pore-opening sonic vibration and gentle warming to help tame breakouts. Blue light therapy reduces mild inflammatory acne. The company claims it can zap 85 per cent of acne-causing bacteria after six minutes, helping to reduce a breakout within 24 hours.

The Pore Detoxer

Clarisonic Deep Pore Decongesting Solution ($200). By oscillating at high frequency, this cleansing tool loosens the sticky debris plugging your pores. The inner rings on the brush head oscillate in counter-rotation to flex and relax skin surrounding pores and purge congested skin, shaking the dead cells off the skin. After two weeks, you should notice smaller-looking pores and smoother skin texture.

For more examples of skincare devices you can use at home, pick up the March/April issue of Best Health.

BEST HEALTH IS ON NEWSSTANDS, OR YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.

ADVERTISING FEATURE

STAY WELL

It's time for a fresh start! A new year is the time to commit to taking care of yourself so you can take care of the ones you love. It only takes a few minutes each day, and a few simple strategies, to keep you feeling your very best.

USE YOUR BODY

You don't need a gym – or even any free time! – to get in the best shape of your life. Here are three no-equipment-needed moves you can do anywhere. Try them the next time you're waiting for your kids to finish hockey practice or dance lessons. And no matter where – or when – you work out, make sure Tampax Pearl Active is there with you. It keeps you protected so you can keep your mind on your workout, not your period.

1 WALL SIT
Pressing your back against the wall, squat down into a sitting position. Hold for as long as you can. You'll build strong glutes, thighs and calves as you increase your time.

2 ARM CIRCLES
Hold your arms out straight at either side at shoulder level. Alternate rotating your arms in small and large circles, backwards and forwards. You'll build shapely, lean arms and shoulders.

3 SIDE BENDS
Stand with your feet shoulder-width apart, your arms over your head and your hands clasped. Bend sideways from the waist, lengthening your arms as you bend. You'll develop your obliques for a strong core.

HEALTHY MOM HAPPY FAMILY

MAKE TOOTH CARE A FAMILY AFFAIR

You make sure your kids floss, brush and rinse regularly, but are you following your own advice? An easy way to get everyone in the habit is to make flossing, brushing and rinsing with Crest Pro-Health products a daily game. You'll be modelling good oral hygiene for your kids, and your smile will be in tip-top shape.

FOR THE KIDS Play a favourite song that's between two and three minutes long and dance along while you brush. Or try Oral-B Deep Sweep 5000 Brush with its cute happy-face timer that ticks down the minutes till you're done.

FOR YOU Protect against plaque and gingivitis, plus fight pesky bad breath, by keeping a small bottle of Crest Pro-Health Multi-Protection Rinse in your purse for after lunch. Add Crest Pro-Health toothpaste and an Oral-B toothbrush, and soon you'll have a great daily habit.

To ensure these products are right for you, read and follow the labels. Crest® Pro-Health Toothpaste fights cavities, plaque, tartar and gingivitis, and treats tooth sensitivity. Crest® Pro-Health Multi-Protection Rinse fights gingivitis. Crest Pro-Health toothpaste is for adults and children 12 years and older. Crest Pro-Health Stages toothpaste fights cavities. Oral-B power toothbrushes are for ages 3+.

JUICE UP!

Juice is a terrific source of antioxidants and vitamins, but it usually lacks pulp, so it's low in fibre.[1] Want to give your morning juice or smoothie a tasty fibre boost? Add a dose of Metamucil. It dissolves best in cool liquids and tastes so good you'd never suspect it promotes digestive health[2] and helps lower cholesterol levels[3] to promote heart health. Orange and Pink Lemonade flavours brighten up tangy grapefruit juice, and Berry Blast flavour gives an extra zing to blueberry-pomegranate juice.

To ensure this product is right for you, always read and follow the label.
1-Source: http://www.mayoclinic.com/health/juicing/AN02107. 2-By relieving irregularity.
3-Lowers mildly to moderately elevated cholesterol levels when taken with a low fat diet.

GET LOST, COLDS AND FLUS!

You're worried that your kids are packing a little something extr in their backpacks. But you could be the one bringing germs home without knowing it.

Studies have shown that public bathrooms and restaurants aren't the germiest places. Surprisingly, it's humble grocery carts that take the top prize. Upwards of 72% of cart handles have bacteria and those nasty bugs.

Always wash your hands well after touching a grocery-cart handle. Scrub as long as a rendition of "Happy Birthday." Alcohol-based hand sanitizer can help reduce the bacteria on your hands when hand washing is not an option. If you do end up with a cold, DayQuil and NyQuil can help you get back on your feet and feel better fast.

To ensure this product is right for you, always read and follow the label. Vicks DayQuil Cold & Flu relieves fever, headache, cough and nasal congestion. Vicks NyQuil Cold & Flu relieves fever, headache, cough and runny nose.

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To get your year off to a fresh start, go online for more tips designed for busy moms. Go to **www.staywellmom.ca.**

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- ✓ **Helps lower cholesterol levels* to promote heart health**
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*Lowers mildly to moderately elevated cholesterol levels when taken with a low-fat diet

** By relieving irregularity

To ensure this product is right for you, always read and follow the label.

† Source Healthcare Analytics, 2012. © 2014 P&G

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Save $2.00 (two dollars) when you buy ANY Metamucil® product

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PROVIDING QUALITY CATHOLIC EDUCATION

ST. CHARLES IN WEST WINNIPEG

Founded in 1906, St. Charles Catholic School is nestled in a quiet residential neighbourhood in west Winnipeg. The school's primary goal is to provide quality Catholic education that is both intellectually challenging and faith filled.

Its enrichment programs include, but are not limited to: K-8 fine arts, where students participate in an advanced, co-curricular violin program (the only one in the province) and can enrol in private music lessons, drama, choir, dancing and more; a PE program that includes K-2 learn-to-skate, 3-8 hockey skills academy, intramural and competitive sports; plus a K-8 basic French program.

The school also has an extensive before- and after-school program that offers activities such as gymnastics, curling, acting, theatre, golf and more.

For the past 12 years, St. Charles Catholic School has offered full-day kindergarten. By having the curriculum spread over a full day, students learn in a relaxed, supportive and experiential learning environment. This increased time has enabled students to experience enriched music, French, and PE programs.

SCHOOL INFO

- All-day kindergarten program enhances Grade 1 literacy skills
- Enrichment programs encourage development in a variety of areas
- Extended before- and after-school care includes structured programs
- Grades 7 and 8 tour Rome, Italy, on alternate years
- Students support the community through fundraising and volunteerism

CONTRIBUTED

"The result has been a kindergarten classroom of learners who really enjoy the initial school experience and have enhanced Grade 1 entrance literacy skills," says principal Dr. Anne Penny. "Our data indicates that our students adapt well to the program and benefit from the extended hours."

St. Charles Catholic School believes that every child should have the option of benefiting from a Catholic education. Thanks to its bursary program, supported by the school's five sponsoring parishes, it welcomes families from all circumstances. St. Charles bursaries are partial bursaries to assist families in meeting their tuition payments. Families who may require financial assistance are invited to contact Penny for more information.

To schedule a tour or meet with a representative of the school, contact 204-837-1520. Or explore everything STCCS has to offer by visiting stccs.ca.

Saint Charles
Catholic School

K-8 OPEN HOUSE
February 26, 2014 - 6:30pm

At St. Charles Catholic School (SCCS), we see the remarkable potential in every child – and we nurture it. For more than a century we've been committed to academic excellence. Come and see what we have to offer.

All day Kindergarten | Extended before & after school care
Small classes | Violin enrichment program | Private music lessons
Hockey skills development | Competitive sports
Arts & drama programs | K-8 French
Academy Kids daycare on site | And so much more!

Your child IS remarkable!

331 St. Charles Street | 204.837.1520 | sec@stccs.ca | www.stccs.ca

ALL GIRLS BELONG AT BALMORAL HALL

SCHOOL PREPARES YOU FOR YOUR FUTURE

Paige Craig felt a connection to Balmoral Hall School long before she enrolled in fall 2011. After hearing friends share stories about their university preparatory school's close-knit community, she seized her opportunity to join them in Grade 10.

"I wanted to receive the best education I possibly could for my final years of high school," Craig says. "Balmoral Hall has given me opportunities to excel as I reach my goals. With the support of my peers, faculty, and staff, I have been able to succeed and grow."

As her impressive academic and extracurricular record indicates, with an AP course load and a Blazers prep hockey schedule, Craig is an honours student who leads by example. After graduating in June, she will pursue her passions for chemistry and math through an undergraduate science degree. The 17-year-old has applied to prestigious universities in Toronto, Ottawa, and Montreal with ambitions of becoming a doctor.

Craig credits university guidance advisers at the all girls' school with preparing her to embrace her future. From ACT and SAT writing to resumé and portfolio assistance, she has approached each task in applying for post-secondary opportunities with confidence.

Balmoral Hall School's comprehensive financial aid program enabled her empowering experience. Students from kindergarten to Grade 12 are eligible for up to 50 per cent assistance in bursary support. Craig is one of these students.

"We believe all girls deserve access to an education that inspires them to excel, to reach, to lead," says head of school Joanne Kamins. "As a not-for-profit organization, we rely on endowment to further our scholarship and bursary programs. The Balmoral Hall family is incredibly caring. We are invested in others' journeys."

To learn more about financial aid at Balmoral Hall School, email admissions@balmoralhall.com or call 204-784-1608.

Paige Craig

CONTRIBUTED

YOU BELONG HERE.

Balmoral Hall School offers up to 50% financial aid on both tuition and boarding. These bursaries, based on need are open to everyone from Kindergarten through to Grade 12.

It's easier than ever to get the education and opportunity you deserve.

Visit us any time, or request more information online.

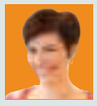
balmoralhall.com/girlsbelonghere.

BALMORAL HALL SCHOOL
A UNIVERSITY PREPARATORY SCHOOL FOR GIRLS

All pâté roads lead to a simple, red-wine-sipping kind of meal

Health Solutions

Live a little with liver — but only a little



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

If you truly have a cholesterol problem, turn the page. Still reading? OK, but this is the honour system.

Pâté is a French favourite for a few reasons. It is smooth, creamy and intense, and a little goes a long way flavour-wise.

The addition of duck fat, however, makes it out of bounds for many.

Liver itself is quite nourishing. It is rich in Vitamin A, which is great for your eyes (unless you are pregnant, then it can be too high for baby), B12, to help keep heart-disease-causing homocysteine levels low, protein and iron.

Aside from duck fat, there are caveats — and big ones.

Liver is high in cholesterol, which isn't a problem for most. But if your doctor has asked you to avoid it, do so.

In addition, liver is the organ that cleanses the body of all kinds of toxins. Which means, whatever the animal was exposed to can get concentrated in their liver and you would be consuming any manner of pesticide, medication and environmental toxins.

Simple solution? Go organic. Organic chickens are fed organic feed, which reduces their load and, in turn, yours. They are available at health-food stores and well worth the effort. Like, once in a while. Don't be doing this weekly, sheesh.

Trim livers of any fat or other ick and simply pan fry on high heat with garlic and oregano for a traditional Greek treat. It's excellent as an appetizer! Or, bust out the hand blender and puree into pâté.

Either way, classic Mediterranean simplicity is at your finger tips.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves six. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

Traditional pâté is often made with about 50 per cent added saturated fat.

This recipe uses extra virgin olive oil and a little bit of butter but nets a smooth and creamy spread that can be the centrepiece for your next Friday night charcuterie platter.

Spread on veggies, add some hummus and make it a simple, red-wine-sipping kind of meal.

Ingredients

- 1 lb organic chicken livers
- 1/4 cup extra virgin olive oil
- 3 tbsp butter, melted and divided
- 1 tbsp balsamic vinegar
- 1/2 tsp sea salt
- 1 tsp thyme
- Black pepper, to taste

1. Clean livers and remove ducts and any fat. Rinse in a colander and place into a large casserole dish.

2. Add remaining ingredients, except pepper, and bake at 300 F for 30 minutes until very firm. Stir once during baking.

3. Allow to cool and use a hand wand to puree well.

4. Using a spatula place into jars, top with ground pepper and drizzle with melted butter. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE FOUND DAILY AT MYFRIENDINFOOD.COM**

Goat Cheese Phyllo Bites: fancy side of snacks

Ingredients

- 3 packages (each package contains 15 cups) phyllo pastry cups
- 1 1/2 tbsp unsalted butter
- 1 1/2 tbsp all-purpose flour
- 1/2 cup 1% milk
- 4-oz log soft goat cheese, crumbled
- 1 oz finely grated Parmigiano-Reggiano
- 1 large egg, separated, plus 1 large egg white, at room temp
- 1 1/2 tsp Dijon mustard
- Kosher salt and black pepper
- Pinch of cream of tartar
- 45 fresh dill, tarragon sprigs

1. Heat the oven to 375 F. Arrange the phyllo cups on a rimmed baking sheet. Set aside.

2. In saucepan over medium-low heat, melt the butter. Add the flour and whisk 2 minutes. Add milk in a stream, whisking, and bring to a boil, whisking. Simmer, stirring occasionally, for 3 minutes. Remove from the heat and stir in the goat cheese, half of the Parmigiano-Reggiano, egg yolk, mustard and salt and pepper, to taste, stirring until smooth. Set aside.

3. In bowl, use an electric mixer to beat both egg whites until foamy. Add the cream of tartar and continue beating until they just hold stiff peaks. Stir a third of the whites into the sauce, then fold in the remaining whites, gently.

4. Spoon mix into phyllo cups. Bake on the oven's middle shelf until they are puffed and golden, about 15 minutes. Transfer to a platter, sprinkle the tops with the remaining cheese and some herbs, then serve immediately. **THE ASSOCIATED PRESS**

This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

A VEHICLE TO TEACH CHILDREN VALUES

YMCA-YWCA OF WINNIPEG DAY CAMPS

CONTRIBUTED

Do you remember the feeling of pure exhilaration while running, jumping and just plain playing until you dropped in happy exhaustion? Remember how sleep eluded you because you anticipated the next day's active fun and adventure?

The YMCA-YWCA of Winnipeg's Day Camps rivals that feeling. A one-stop program for kids ages four to 12, the Y's Day Camps provides kids with an awesome time — being active and engaged all day; splashing and swimming in pools; scampering and sliding through enormous play structures; roaring about playing heart-pumping indoor games; and exploring outdoor activities in the fresh air.

By replacing high-tech gadgetry with conversation, fun, lively games and imaginative crafts, the Y's Day Camp lets kids create and play in a way they rarely do these days.

As a values-based charity, the Y is committed to nurturing healthy kids, and that commitment goes beyond the physical and encompasses the mind and spirit as well. Although it will seem to be all fun and games to your youngster, your progeny is actually learning values such as caring, inclusiveness, co-operation, teamwork and respect. Plus, there is the added bonus of boosting their social skills, fitness levels, confidence and independence.

"Day camp is a great place for a child to be entertained," says Kent Paterson, president and CEO of the YMCA-YWCA of Winnipeg. "But we take it a step further and use it as a vehicle to teach children values. Kids learn social skills, life skills, and are taught to become part of a community. Camp is a perfect place to learn these values in fun way. We believe camp is like no other childhood experience, one that every child deserves to take part in."

If you aren't sure if your child is up for a weeklong day camp experience, you can register by the day or the week. And if you are worried about affordability, the Y strives to serve everyone in the community by offering extra options for parents such as no-charge before and after care and a financial assistance program.

Spring Break Day Camp & Kinder Camp
for kids 4–12 years old
March 31-April 4, 2014
$28/day

In-Service Day Camp
for kids 5–12 years old
March 14, 2014
$28/day

Full-day fun

Play. Grow. Learn. Belong.

Lead by energetic, trained staff, Y Day Camp offers kids a variety of imaginative activities that nurture their spirits, challenge their minds, and strengthen their bodies.

Our community-centred day camps offer a wide range of supervised fun such as:

- gym time
- high-energy games
- arts & crafts
- daily swimming
- inflatable bouncers
- outdoor activities

By participating, your child will be active and engaged all day long – plus learn new skills, gain confidence and make special memories.

No charge for before and after care

Register by the day or the week

3 CONVENIENT LOCATIONS

Elmwood-Kildonan
454 Kimberly Ave
204.668.8140

South
5 Fermor Ave
204.233.3476

West Portage
3550 Portage Ave
204.889.8052

ywinnipeg.ca

HOW DO YOU SPELL SUCCESS

AN MBA CAN HELP ACHIEVE GOALS

MINERVA STUDIO/SHUTTERSTOCK

Sometimes, you only need three letters to spell success — MBA.

Whether you are looking to increase your career potential, make a career change, or just add more tools to the toolbox, getting a master of business administration (MBA) can help you achieve these goals.

But when it finally comes down to choosing where to study your MBA, there are a number of factors to consider.

First is your time.

Getting your MBA can be quite time consuming, but there are a number of programs that offer different program lengths. Most business schools understand that many students are working professionals and cater to their busy schedules through flexible programming options.

If you plan on keeping your day job while getting your MBA, consider looking at a business school that offers an MBA program that takes place during evenings, weekends, or even online.

While online options are becoming increasingly more popular — with more schools starting offer this option — it is important to consider the value of the networking opportunities available to students who physically attend class. In some cases, potential employment opportunities can come down to who you know and a major pro when weighing your options.

For those who are ready to dive head first into their education, be sure to check out a school that offers a full-time option, or even an accelerated program.

Another factor to consider is your current level of education and whether you meet the entrance requirements to your desired program. When it comes to admissions requirements, each school has its own set. Some may ask for a degree in business to apply, while others may just ask for a university degree — it comes down to each individual school.

Location can also play a key role in the decision-making process.

Some of the best learning opportunities can be made during internships or work placements, so it may be a great idea to focus on a market in which you would ideally like to be employed.

No matter which MBA you decide to pursue, remember that it is an investment in yourself and that return on investment will be worth it in the long haul.

MBA
Custom Made for Success
Introducing Thompson Rivers University (TRU)'s redesigned Master of Business Administration (MBA).
One of the most flexible programs in Canada, the TRU MBA can be completed any way you choose. Adopt an education that suits you by studying on-campus, online or blending the two, and select part- or full-time study.
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THOMPSON RIVERS UNIVERSITY
School of Business & Economics
MC118605

PERSONALIZED FOR STUDENTS

THOMPSON RIVERS UNIVERSITY MBA

When one thinks about an MBA program, flexibility is not usually the first thing that comes to mind.

While it may be hard to believe, that is exactly the goal of the Thompson Rivers University (TRU) MBA.

"With our online courses and part-time options that are personalized to meet the student's needs, our students are able to study a quality program and achieve their educational goals while maintaining their work and personal commitments," says Victoria Baker, director MBA program.

As one of the most flexible MBA programs in Canada, TRU students are able to customize their learning styles by either choosing to study on-campus, online or through a blended combination.

While the delivery format for each student may be different, the end goal is the same.

"An MBA is recognized worldwide as a program of study that provides competency in all the major functional management areas of an organization, preparing graduates to lead and manage effectively in today's complex and rapidly-changing business environment," Baker says.

CONTRIBUTED

The TRU MBA is a two-year program, with a possibility of a 12-month accelerated program for those with and undergraduate degree in business.

For more information and to view admissions requirements, visit tru.ca/business/mba.

CFL

Blue Bombers hire Dahlquist as new QBs coach

Gene Dahlquist is the new quarterbacks coach of the Winnipeg Blue Bombers.

Dahlquist is a CFL rookie but he has held offensive co-ordinator positions at the universities of Oregon, Boise State, Iowa State, Illinois and the University of Texas.

Most recently, he was quarterbacks coach for the Omaha Nighthawks of the UFL, where he worked with current Bombers offensive co-ordinator Marcel Bellefeuille.

After leaving the NCAA, Dahlquist also spent three seasons as the head coach of the Scottish Claymores of NFL Europe from 2001 to 2003.

Since then, he has also worked at Football University, coaching quarterbacks. **THE CANADIAN PRESS**

CFL

Higgins gets call to take Alouettes into new era

For a second year in a row, the Montreal Alouettes will start the CFL season with a new head coach.

Alouettes owner Bob Wetenhall announced Monday that Tom Higgins will be the club's new head coach.

The former Edmonton Eskimos and Calgary Stampeders bench boss replaces general manager Jim Popp, who took over on Aug. 1 when the inexperienced Dan Hawkins was fired only five games into the 2013 season.

THE CANADIAN PRESS

Carey Price shows his gold medal to the media at the Montreal Canadiens' practice facility on Monday in Brossard, Que. RYAN REMIORZ/THE CANADIAN PRESS

Price checks back in after 'satisfying' trip

Hockey. Habs goalie coming off high of winning gold and posting stellar numbers

Quoted

"Emotionally, it was a very trying time. I'm just taking the next couple of days to relax and unwind."

Team Canada goalie Carey Price

Carey Price looked a little dazed at the Montreal Canadiens practice facility after returning from Canada's Olympic hockey triumph.

Price arrived with some other players on Monday morning from Sochi, Russia, where his near-flawless goaltending helped Canada to a second straight gold medal in men's hockey.

Still jet-lagged and sleepy, he didn't take part in the Canadiens' practice and will have at least two days off to recover.

He said the gold he flashed for the photographers in front of his locker-room stall "still hasn't sunk in a whole lot.

"I'm sure it will over the next couple of days."

Price went to Sochi not knowing how much work he'd get in the net, but he started Canada's opening game against Norway and ended up playing five of the team's six games. Roberto Luongo got the other start and also got a shutout against Austria.

Price led Olympic goalies with a 0.59 goals-against average as Canada let in only three goals in the tournament. He posted a .971 save percentage and had two shutouts.

Now he feels the confidence gained from that performance will make him a better goalie in the NHL.

"It's satisfying, no question," the 26-year-old said. "There was a lot of doubt about the position going into the Olympics. We heard about it in August at the orientation camp. And to be able to deliver at the right time was huge."

THE CANADIAN PRESS

Can Canada keep the gold times rolling?

From left: Janet Arnott, Dawn McEwen, Jill Officer, Kaitlyn Lawes, Jennifer Jones and Kirsten Wall pose for a photo as the gold-medal winning curling team arrives at Toronto's Pearson Airport Monday. CHRIS YOUNG/THE CANADIAN PRESS

Canada's Olympic team in Sochi benefited from the afterburn of hosting the previous Winter Games in 2010.

It's a trend, although not a given, that the home country of an Olympic Games can parlay the momentum for another quadrennial or two because of a high-revving sports system.

Canada won 25 medals in Sochi after a total of 26 in Vancouver in 2010.

The Canadian team finished third in overall medals and first in gold four years ago. In Sochi, the final tally was good for fourth overall and third in gold.

Hosting a Games made Canada a winter sport power, but can it last to 2018 and beyond?

"I think it's sustainable," said Steve Podborski, Canada's chef de mission in Sochi. "It's really, really fun to be good at something."

THE CANADIAN PRESS

Hosts' right to boast

- China was second with 100 medals at the 2008 Beijing Games and second with 88 in London in 2012.
- The U.S. has cracked the top three in the Winter Games medal count since hosting in 2002.
- Australia hit a high of 50 medals in Athens after Sydney had the Games in 2000, but fell to 35 in London.

4 SPORTS

Man with the golden touch

Sidney Crosby's career features numerous highlight-reel goals. Here's a look at five that may rank among his best.

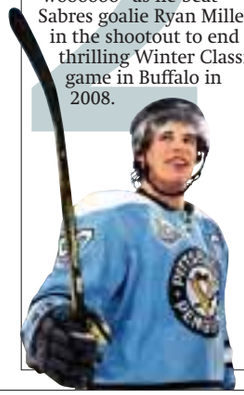
TORSTAR NEWS SERVICE
Photos by Getty Images

Welcome back, Sid

The goal Crosby scored against the Islanders in November 2011, in his first game back from a long concussion layoff. Crosby broke through the Islanders defence and tucked a backhander top shelf, one of his fave moves.

Winter Classic shootout

You can hear Crosby yelling his familiar "wooooooo" as he beat Sabres goalie Ryan Miller in the shootout to end a thrilling Winter Classic game in Buffalo in 2008.



Premiere of the Crosby Show

This one came against the Canadiens in November 2005 and was one of the goals that started the legend. To end a shootout, Crosby did his little leg kick fake, then went backhand roof past a helpless Jose Theodore. For good measure, the puck knocked the water bottle off the top of the net.

Sochi Olympics

This was Crosby's latest thriller, and it carries more weight than first meets the eye. Another deke backhander, it broke Sweden's hopes and essentially propelled Canada to a second consecutive gold medal.

Golden goal in Vancouver

You can hear Crosby shout to Jarome Iginla for a feed as he bolted to the net from the corner. Miller was the victim again as Crosby won the gold medal for Canada. The goal ranks up there with the most famous in international competition for Canada.

NHL

Sabres still dangling Miller on trade market

A person familiar with discussions has told The Associated Press that Buffalo Sabres GM Tim Murray continues to pursue offers for goalie Ryan Miller with the intention of dealing him before the NHL trade deadline on March 5.

The person spoke on the condition of anonymity because Murray did not speak to reporters Monday.

The person said the team's first option is trading Miller, who is in the final year of his contract. Option No. 2 would be making a bid to re-sign Miller if a trade can't be completed.

Miller was a no-show at Sabres practice Monday because the United States' backup goalie was travelling from the Sochi Games.

Miller was scheduled to arrive later in the day.

THE ASSOCIATED PRESS

NHL

X-rays show Stamkos not well enough to play

Injured Tampa Bay Lightning star Steven Stamkos is recovering, but not ready yet to return to the lineup.

Stamkos is sitting out a four-game post-Olympic trip that starts Thursday at Nashville.

Stamkos underwent X-rays on Monday that revealed that his broken right shin, which has sidelined him since November, is improving but not enough for him to be cleared to play in games.

Steven Stamkos
THE CANADIAN PRESS

The centre will travel with the team to continue practising, and is expected to be examined again when the Lightning return for a homestand that begins March 6 against Buffalo.

Stamkos was injured on Nov. 11 at Boston and underwent surgery. He has 14 goals and 23 points in 17 games this season. The injury kept Stamkos from playing for Canada in the Sochi Olympics.

THE ASSOCIATED PRESS

MLB

Trout's contract talks won't slow big fish: Manager

Angels manager Mike Scioscia said Monday that he isn't worried about possible contract talks becoming a distraction for star centre-fielder Mike Trout.

"It's not an issue and it's certainly not an issue with Mike," Scioscia said.

Published reports have said the team and Trout are discussing a long-term deal.

Scioscia said he hasn't seen a contract becoming a problem in his time with the Angels.

"We haven't had anybody here in 15 years because of a contract situation that hasn't come out and given 100 per cent," Scioscia told reporters.

Scioscia said his training camps are "high energy" and designed to keep players focused. He added that distractions can come in many forms and pointed out that Trout has handled distractions easily through two seasons with the Angels.

In two seasons, Trout has won the American League Rookie of the Year award and was twice the runner-up for AL Most Valuable Player.

THE ASSOCIATED PRESS

Collins among old pals in return with Nets

NBA. Openly gay player playing alongside many former teammates with a 10-day contract in tow

Jason Collins has a week and a half to prove himself to the Brooklyn Nets.

He signed a 10-day contract, one of the toughest deals in sports because it gives non-superstars almost no time to impress their coaches and teammates in hopes of sticking around.

With this group, Collins did that long ago: The Nets locker-room is filled with former teammates who have already accepted the league's first openly gay player and his on-court habits, which are the ones that matter most to them.

"Guys already know what ... to expect from me. It's like, OK, he's not going to magically have a 40-inch vertical (leap) and shoot threes," Collins said.

That made it the ideal place for his historic return to the NBA.

Perhaps, as numerous players insisted after Collins came out in a Sports Illustrated article last April, athletes were ready to accept a gay teammate. Maybe Collins would have been welcomed anywhere he signed.

But maybe not. As the bullying scandal involving the Miami Dolphins proved, the locker-room can be a place where abusive language can divide a team and threaten to derail a season, to say nothing of the fallout for the players themselves.

The loudest voices with the Nets, however, belong to the team leaders, and they've already made up their mind about Collins.

Old teammate Jason Kidd coaches the team. Collins played with Joe Johnson in Atlanta and Kevin Garnett and Paul Pierce in Boston, and they are now the respected veterans in Brooklyn.

Collins played six and a half years with the Nets, who he helped reach the NBA Finals with Kidd in 2002 and 2003. One of his first calls when he came out last April was to Kidd.

"You look at all the connections that Jason has and also being that he played with the Nets before, so I think this is a great opportunity for him," Kidd said.

THE ASSOCIATED PRESS

Jason Collins made his return to the NBA on Sunday night playing for the Nets against the Lakers in Los Angeles. JEFF GROSS/GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
There are a number of things you need to get rid of, things that are stopping you from realizing your potential. You know what they are and you know they must go. Now is the time put the past behind you.

♉ Taurus
April 21 - May 21
You need to find ways to further your ambitions while not appearing too selfish. This is a time of great opportunity. Stay calm, stay focused and, above all, stay the course.

♊ Gemini
May 22 - June 21
You are going to have to make a difficult choice and what you decide will affect your life for years to come. Only you can make this choice but it's got to be one thing or the other. The worst choice is no choice at all.

♋ Cancer
June 22 - July 23
The Sun in Pisces boosts your confidence and make it easier to take chances. Not that you should push your luck at every opportunity but you do need to be a bit more adventurous.

♌ Leo
July 24 - Aug. 23
One of your more impulsive moods could lead to something good . . . or something bad. You will get into risky situations – the sort you like best – but you know how to get out of them too.

♍ Virgo
Aug. 24 - Sept. 23
Because the approaching new moon falls in the partnership sector of your chart you will find it easier to identify with and sympathize with other people's worries. Help them if you can but don't let their worries rub off on you.

♎ Libra
Sept. 24 - Oct. 23
Take care you don't get too close to a situation and lose your sense of perspective. You need to make a conscious decision to stand back from what you are doing and see the bigger picture.

♏ Scorpio
Oct. 24 - Nov. 22
Put your own interests first and start work on something you have been thinking about for months. This is an excellent day for creative activities, so put your doubts behind you and follow your dream.

♐ Sagittarius
Nov. 23 - Dec. 21
If a loved one demands more independence you must give it to them. You should know by now that the harder you try to control other people the more it hurts when they finally break away.

♑ Capricorn
Dec. 22 - Jan. 20
You will get a lot out of social activities today, so make the effort to get out into the world. The more you engage with people the more you will see how similar we all are.

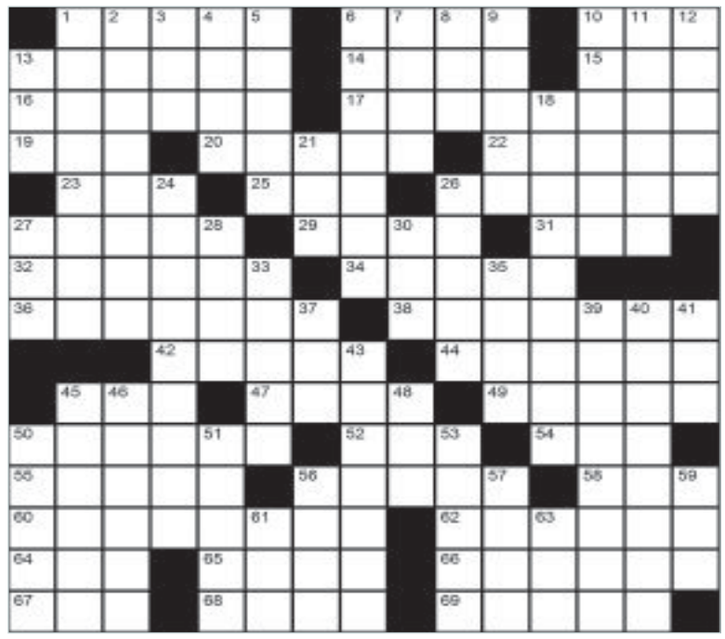
♒ Aquarius
Jan. 21 - Feb. 19
If you want something enough you will find a way to get it, no matter how many obstacles are placed in your path. Whatever challenges you face you are big enough and tough enough to deal with them.

♓ Pisces
Feb. 20 - March 20
Success is yours if you want it enough, so do you? Pisces is often a laid back sort of sign, so maybe you are happy taking each day as it comes. If so, that's okay – you are who you are. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

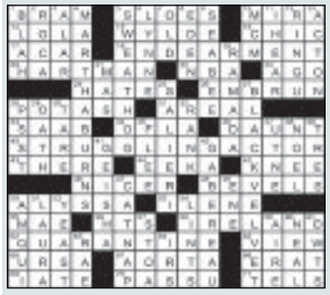
BY KELLY ANN BUCHANAN



Across
1. Nary _ __ (Nobody)
6. Bible boy
10. Ms. Gardner
13. Refinement
14. Taj Mahal's site
15. Vancouver-born actor Mr. Bellows
16. Manitoba: __. __ Provincial Park
17. Oscars: 2014 Best Original Song nominee "Happy" by __ Williams
19. URL ending
20. Singer Ms. Baker
22. Choreographer Mr. Terrio
23. E-Mail sending acronym
25. Santa __, California
26. Pamper
27. Tidal bore
29. "Sand in My Shoes" singer
31. Coral†reef
32. Great Pyramid of Giza commissioning Pharaoh
34. Sally Field's Oscar-winning role, __ Rae
36. 1998 Barenaked Ladies chart-topper: 2 wds.
38. Rumour
42. Mister, in Madrid
44. Little wave
45. Is able to
47. United __ Emirates
49. Reservations
50. Least wild
52. Global currency org.
54. Green Day drummer, __ Cool
55. Stevie Wonder's "_ __ Called to Say I Love You"
56. Cherish
58. "The Age of Innocence" (1993) actress ...her initials-sharers
60. Laurentian locale, Saint-__
62. Reverberations
64. French article
65. Marvel Comics superhero
66. Flunky
67. Bottom-of-letter letters
68. Articulates
69. 1953 John Wayne movie

Down
1. German highway
2. Robert Service poem, The Cremation of __ __
3. __ _ whim
4. Calif. campus
5. British singer Ms. Lewis
6. 2014 Best Picture nominee, "__ Phillips"
7. Turkish official or military title
8. Mr. Gershwin
9. Elaine __ ("Taxi" role for Marilu Henner)
10. Schedule
11. In a despicable manner
12. Festive song: "O Come, __ __ Faithful"
13. White House defence advisory gr.
18. Locale of pre-Oscars telecast action: 2 wds.
21. Polit. designation
24. __ Pass (Alberta community in The Rockies)
26. Apples gadget
27. Green
28. Sword sort
30. Play-__
33. La Chambre Rouge occupant, __ du Canada
35. But: French
37. North or South country [abbr.]
39. BC mining community
40. Other self: 2 wds.
41. Thumbs-up
43. Invading ilks
45. Descendants of Acadians in Louisiana
46. Makes funny
48. Canuck financial inst.
50. Standstill
51. Sporty figures
53. New
56. Skipper's salute
57. Prefix meaning 'Outer'
59. Compass dir.
61. "__-ching!"
63. Distinguished [abbr.]

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	7	3	8	4	9	1	2	5
2	8	5	1	7	6	4	9	3
1	9	4	2	3	5	8	7	6
5	2	7	3	8	4	6	1	9
4	6	9	5	2	1	3	8	7
3	1	8	9	6	7	5	4	2
9	4	6	7	5	8	2	3	1
7	5	2	4	1	3	9	6	8
8	3	1	6	9	2	7	5	4

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: -22° MIN: -25°	MAX: 15° MIN: -29°	MAX: -22° MIN: -29°

BT BREAKFAST TELEVISION

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WEATHER SPECIALIST
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